The Memorare
Saint Bernard

**“Remember, O most pure Virgin Mary,
that it has never been heard
that anyone who sought your protection,
implored your help,
or sought your intercession
was left unaided.
Full of trust, I take refuge in you.
You are my advocate and my refuge,
O Mother of virgins!
To you, I come; before you, I kneel,
a poor sinner, weeping at your holy feet!
O Lady of the world,
you who bore the eternal Word,
full of grace and truth, in your chaste womb,
and gave Him to the world:
do not despise my humble words,
but hear me graciously and answer me in mercy.**

**I call to you from this vale of tears,
filled with misery and suffering.
Comfort me in my distress;
stand by me in all my troubles.”
“Be with me in all abandonment and help me in my needs.
Be my mediatrix and gracious intercessor
with your most beloved Son, now and always,
but especially in the hour of my death. Amen”**